



## WOUNDED WARRIOR

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2014 Edition, Issue 6 - June 2014

## Warrior finds his faith, trust

by Senior Airman Jette Carr  
Air Force News Service

FORT GEORGE G.  
MEADE, Md. -- Faith and trust  
in what we cannot see.

Those words are etched  
into his skin, right above a scar  
that, by itself, embodies the  
journey he has undertaken. The  
spider web of pink lines starts  
midway up the inside of his right  
arm and continues nearly to his  
wrist, following the path doctors

took as they rushed to save his  
life and limb.

Retired Staff Sgt. Daniel  
Crane, a former security forces  
Airman stationed at Andersen  
Air Force Base, Guam, said he  
saw the phrase after his injury  
and it just stuck with him. In July  
2013, one year after he had  
been shot in a random act of  
violence, he made those words  
a permanent  
expression on his

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Retired Staff Sgt. Daniel Crane draws an arrow back using a mouthpiece during the recent Air Force Trials at Nellis Air Force Base, Nev. After a gunshot wound left his right forearm and hand immobile, Crane immersed himself in adaptive sports, where he has learned new ways to overcome his limitations. (U.S. Air Force photo/Senior Airman Jette Carr)

#### Send your comments, feedback

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550 C. St. West  
Joint Base San Antonio-Randolph, TX  
78150-4739

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Fax: (210) 565-3385/DSN 665-3385

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E-mail: [wounded.warrior@us.af.mil](mailto:wounded.warrior@us.af.mil)

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# After the crash:

## Instructor pilot returns to flying despite injuries

by Airman 1st Class Jimmie D. Pike  
47th Flying Training Wing Public Affairs

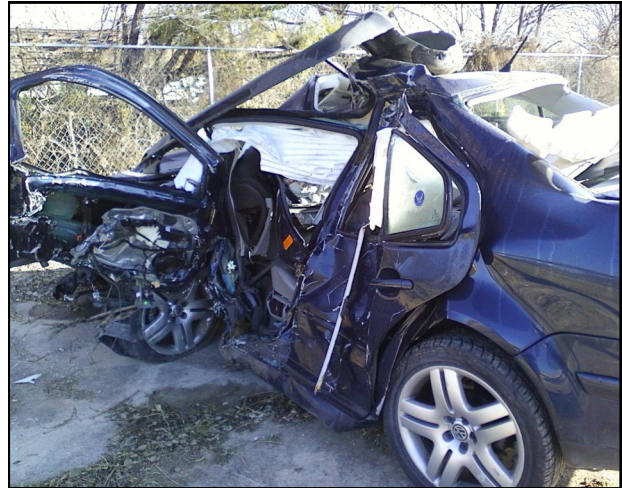
LAUGHLIN AIR FORCE BASE, Texas -- Her career seemed ruined, her dreams grounded.

"At the beginning, I thought I'd never fly again," said 1st Lt. Laura Jones, when she recalled her Jan. 2 accident.

On her way from San Antonio International Airport back to base, a car next to her had a tire blow out. The driver lost control and swerved into Jones's vehicle travelling at about 75 mph, she said.

"Shortly after, a passing National Guardsman arrived, held my neck to immobilize and keep me from damaging my cervical spine and talked to me until the paramedics arrived," said Jones, a T-6 Texan instructor pilot from the 85th Flying Training Squadron here. "It all happened pretty quickly, from getting hit to the helicopter taking me to San Antonio Military Medical Center, only a couple of hours had passed. I maintained consciousness the entire time."

Jones suffered multiple breaks and injuries



The smashed remnants of 1st Lt. Laura Jones's car that was hit at 75 mph Jan. 2, 2014, east of Uvalde, Texas. Jones is an 85th Flying Training Squadron T-6 Texan II instructor pilot. (Courtesy photo)

during the collision -- injuries that grounded her flying career.

"The accident left me with a shattered left femur, lacerations on my kidney and spleen, my right wrist was broken in four places, my jaw was broken in two places, and my lungs were bruised, among other scrapes," Jones said. "After I heard there were no neck, spine or eye injuries, I knew I would be flying soon enough."

The accident was followed by 11 days in the hospital and several grueling months of physical therapy and rehabilitation.

"We started her with basic range of motion exercises to work up to light weights and ensure she didn't overwork herself," said Kira Pie, a local physical therapy assistant. "We now have her going through impact workouts, like skipping, to get her body adjusted to the feel of pressure on the joints and bones."

Even though her body was aching and her workouts were strenuous, she worked through the difficulties with a single goal: to return to flying.

"My main concern was when I would be able to fly again," Jones said. "When I talked to the flight doctors, they said I'd be shooting to fly again in June. I was bummed that it would take so long. After I started progressing so quickly I knew I could fly sooner."

Jones' hard work and dedication



First Lt. Laura Jones poses for a photo after preparing for a flight April 21, 2014, at Laughlin Air Force Base, Texas. (U.S. Air Force photo/Airman 1st Class Jimmie D. Pike)

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# Hagel orders a health system review

WASHINGTON -- Secretary of Defense Chuck Hagel has ordered a comprehensive review of the Military Health System.

Dr. Jonathan Woodson, the assistant secretary of defense for health affairs, will lead the review, Pentagon Press Secretary Navy Rear Adm. John Kirby said in a statement.

The review, Kirby said, will focus on access to care and an assessment of the safety and quality of health care, both in military treatment facilities and in health care that the Defense

Department purchases from civilian providers.

Expected to last for 90 days, the review will examine whether current access to care meets the department's standards, Kirby said. It will also examine the safety and quality of the care provided to all DOD beneficiaries, he added.

"Following the review, the secretary will receive recommendations on areas for improvement," the admiral said, "with a specific focus on those areas where we are not meeting

a nationally defined standard or a DOD policy-directed standard."

Hagel met early May 28 with Deputy Defense Secretary Bob Work and the service secretaries to discuss the review's parameters and his expectations for it, Kirby said.

The Military Health System provides health care for more than 9.6 million beneficiaries, including active-duty service members, retirees and eligible family members. (Courtesy of American Forces Press Service)

## Commentary: Lessons in compassion

by Staff Sgt. Jake Barreiro  
51st Fighter Wing Public Affairs

OSAN AIR BASE, South Korea -- "Without mercy, man is like a beast. Even if you are hard on yourself, be merciful to others." - Quote from Kenji Mizoguchi's 1954 film, Sansho the Bailiff.

On Aug. 20, 2012, I woke at 2:30 a.m. My bed, usually crowded with my wife, Cece, and two cats, Miki and Lulu, was empty. Down the hallway of the one-floor, three-bedroom house we rented in Cabot, Arkansas, I heard noise from the kitchen. When I went to see what the noise was, I found my 23-year-old wife on the floor and erratically painting on a canvas.

The painting was of an Airman Battle Uniform next to a bottle of prescribed depression medication. Streaks and spots of deep red paint blotched the canvas, which also had gashes and holes littered in it because Cece had been stabbing it with a kitchen knife.

"What the (obscurity) are you doing?" I asked.

She looked up at me, her body shaking, our two cats flanking her sides. I saw a hurt face and fear-riddled eyes, scorched red from sleep deprivation and sobbing. With our little family together in the kitchen that morning, "I'm sorry," was all she could say.

Months earlier, Cece was sent to stay for a week at the Bridgeway, a mental health hospital in Little Rock, Ark. Three weeks later, she went back for another week for what eventually became a diagnosis of severe anxiety, depression and post-



**Cecelia Guadalupe Ortiz-Barreiro made her painting (unofficially titled "Zoloft") during a mental breakdown in August 2012. Cece is an amateur painter, and her favorite artist is Frida Kahlo, whose perseverance through adversity inspires her. (Courtesy photo)**

traumatic stress disorder.

An Airman herself, recent military-related stress of deployments, family separation and being overworked, coupled with the loss of her uncle and past personal traumas, led to my wife's sleeping problems. She lived in a constant state of fear. Unable to sleep at night, she'd only shake helplessly in the bed next to me. These mounting pressures for my wife

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## Services and Resources

Balancing caregiving, family and work can be both rewarding and challenging, and it means juggling many different responsibilities. One of the most important responsibilities you have is taking care of yourself. Veterans Affairs offers a caregiver self-care workbook to help. Click [here](#) to download the workbook.



The [National Association of American Veterans](#) is committed to serving as a comprehensive nonprofit organization that values the honorable and selfless service of our nation's service members and disabled veterans. Its mission is to assist service members and disabled veterans and their family members, particularly severely wounded warriors and single-parent service members and veterans, by helping access their benefits; improving communication and coordination with Veterans Affairs; and collaborating with the VA and other veterans groups, health agencies, medical professional organizations, educational organizations, and the public in support of veterans, their families, and military caregivers. To learn more, click [here](#).



Family caregivers know better than anyone else that caring for a veteran requires major organizational skills. A medication log can help caregivers keep track of a veteran's prescription and over-the-counter medications, when they should be taken, and what is working -- and what is not. This log is just one item caregivers should keep in a [Caregiver Toolbox](#). To learn more about using a toolbox and filling it with tools that work, click [here](#).

## Smartphone app offers tools for supporting psychological health

by Cheryl Pellerin  
American Forces Press Service

WASHINGTON -- A Defense Department-funded smartphone app whose tools have been used in their physical form for a decade to treat patients with anxiety, stress, negative thinking and more is now available free to the public, and it's being studied for use in those with more serious psychological health problems, experts involved in the app's funding and use said.

The mobile application was developed at the National Center for Telehealth and Technology, known as T2, research psychologist Dr. Nigel Bush told American Forces Press Service, and it's a digital version of a well-known physical

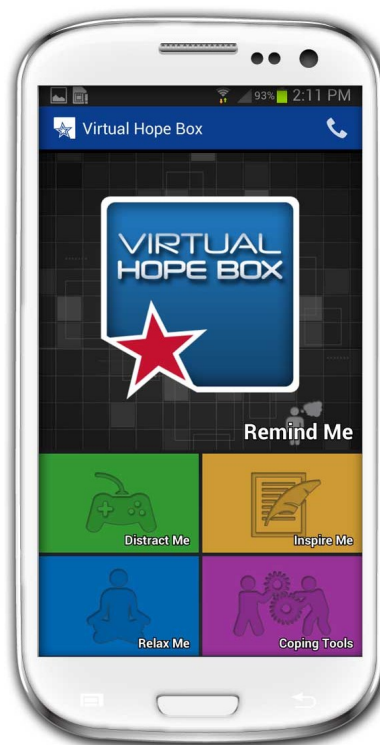
psychological health tool -- an accessory to clinical care, he said -- called a hope box.

"These days in behavioral health clinics, when common symptoms are things like negative thinking and high stress, one approach is to have the patient collect things in a box that are important and that may be therapeutic to them," Bush said.

It can be a shoebox, a manila envelope or a backpack, he added, "but it's a repository for things that the clinician and the patient together determine are beneficial, soothing, evocative of good times, and make the patient feel more worthwhile."

T2, located at Joint Base Lewis-McChord

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Virtual Hope Box screen layout.  
(Graphic courtesy of the National Center for Telehealth and Technology)

## Special Events

## Foundation offers ‘pirate’ adventures

Based on camaraderie, compassion, freedom to dive, and a code of conduct, [Dive Pirates](#) will support, train, equip, and provide dive travel to individuals with disabilities through adaptive scuba diving. Dive Pirates' vision is to create a community of adaptive divers who will dive and travel in the mainstream world of scuba diving through education and overcoming obstacles. Dive Pirates derives its name and philosophy from the combination of diving adventure and the romance of the Caribbean, especially the panache of pirates. Traditionally, pirate crews would take care

of injured crew members by making them peg legs, hooks, eye patches, etc. Disabled crew members were not banished from the ship, but were given new tasks that they could perform and be useful to the rest of the crew. They were also given a pre-determined cut of the booty in exchange for their contribution. Dive Pirates continues that spirit by bringing the adaptive scuba divers along with the rest of the crew and cutting them in on the priceless booty of scuba diving in the Caribbean. For more information, click [here](#).



### Do you need to update your contact information?

**NOTE - Updates should be provided to: AFW2 Program Office, AFPC Disabilities Branch, DEERS, DFAS, and the VA.**

AFW2 Program Office – Call **800-581-9437** or via email: [wounded.warrior@us.af.mil](mailto:wounded.warrior@us.af.mil)

AFPC Disabilities Branch for people on the Temporary Disability Retired List – Email [disability@us.af.mil](mailto:disability@us.af.mil)

Based on the last four digits of your Social Security number, call:

(0001-2499) **210-565-5561** (2500-4999) **210-565-5564** (5000-7499) **210-565-5562** (7500-9999) **210-565-5660**

DEERS – Updating info in DEERS is accomplished in one of three ways:

Call **800-538-9552**

Visit a military base ID card issuance facility

Visit the website at: <https://www.dmdc.osd.mil/milconnect/faces/index.jspx?>

DFAS – Online at “myPay” website: <https://mypay.dfas.mil>

VA – Call **800-827-1000** or visit [www.va.gov](http://www.va.gov) for the nearest VA office

